



Prayer Guide

There are many ways to pray, and you may already have a format that works well for you as you connect with God through your personal prayer time. This prayer guide is intended to provide an example to follow for those who are looking for help in shaping their prayer time.

Prayer Guide

Scripture

*“Your word is a lamp to my feet and
a light to my path” - Psalm 119:105*

Begin by reading a passage of scripture. The Psalms are often a great source for prayer. There are also sites available that allow you to sign up to receive daily scripture readings. One example is [Bible Gateway](#).

Silence

“Be still, and know that I am God”- Psalm 46:10

Spend 1 minute (or more if you would like) in silence. Try to quiet your mind and become aware of God’s presence with you.

Praise & Thanksgiving

*“Because your steadfast love is better than life,
my lips will praise you” - Psalm 63:3*

Take some time to praise God for who He is. Marvel at his greatness. Express gratitude for the gifts and blessings he has given you, and thank him for the ways you have seen him answer your prayers. You can pray using the words written below, or use your own words of thanks and praise to God.

Almighty God, you are perfect in all of your ways. I praise you because you are faithful and good, and I come before you now with gratitude in my heart, for you have been so good to me. You are a refuge to me in times of difficulty, and your loving presence brings comfort and hope. Thank you for the gifts and blessings that you have given, especially the gift of salvation offered freely through your son, Jesus. I am humbled by your steadfast love, and in awe of your saving power. Thank you for bearing me when I call, and answering in my time of need.

Self Examination & Confession

***“Create in me a pure heart, O God,
and renew a steadfast spirit within me” – Psalm 51:10***

Begin by praying these words from Psalm 139

“O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know when I sit down or stand up. You know my thoughts even when I’m far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord...Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life” – Psalm 139:1-6;23-24)

Pause and reflect for a few moments as you have asked God to reveal where he is calling you to repentance. Close with this prayer, or use your own words in asking for God’s forgiveness.

Holy and Merciful God, in your presence I confess my sinfulness, my short-coming, and my offenses against you. You alone know how often I have sinned in wandering from your ways, in wasting your gifts, in forgetting your love. Have mercy on me, O Lord, for I am ashamed and sorry for all I have done to displease you. Forgive my sins, and help me to live in your light and walk in your ways, for the sake of Jesus Christ my Saviour. Amen.

Supplication & Intercession

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God”– Philippians 4:6

Now, spend time laying your requests before God. Pray for your needs, the needs of others, and the needs of the world . As you make these requests, pray for God’s will to be done, and ask God to align your heart with his will.

Closing Prayer

“This, then, is how you should pray...” – Matthew 6:9

*“Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
As we also have forgiven our debtors.
And lead us not into temptation,
But deliver us from the evil one” (Matthew 6:9-13)*

Amen

